

IN THE CLAIMS:

1-21 (Canceled)

22. (Withdrawn) A method of treating nonsurgery-requiring chronic snoring of an individual in need thereof, the method comprising:

administering to the individual's pharyngeal mucous membranes an effective amount of an aqueous buffered solution comprising water, potassium sorbate, oat beta glucan, glycerin, ascorbic acid, retinyl palmitate, tocopherol acetate, linoleic acid, pyridoxine HCl, extract of prickly ash, extract of slippery elm, extract of licorice root, sweet almond oil, hybrid sunflower, lecithin, peppermint oil, lemon oil, eucalyptus oil, polysorbate 80, polysorbate 20, phenylcarbinol, and disodium EDTA.

23. (New) An anti-snoring composition consisting essentially of: approximately 0.01 to 2.5 wt% of oat beta glucan, glycerin present in an amount of no more than approximately 40 wt% and water.

24. (New) The anti-snoring composition of claim 23 consisting essentially of about 1 wt% of oat beta glucan and about 35 wt% of glycerin.

25. (New) The anti-snoring composition of claim 23 further consisting essentially of: approximately 0.01 to 2 wt% of at least one nutritional ingredient; approximately 0.01 to 1 wt% of at least one antibacterial; approximately 0.01 to 1 wt% of at least one astringent; approximately 0.01 to 1 wt% of at least one anti-inflammatory; approximately 0.01 to 2 wt% of at least one essential oil; approximately 0.01 to 10 wt% of at least one surfactant; and approximately 0.01 to 0.4 wt% of at least one preservative.

26. (New) The anti-snoring composition of claim 25 wherein the at least one antibacterial is extract of prickly ash, the at least one astringent is extract of slippery elm; and the at least one anti-inflammatory is extract of licorice root.

27. (New) An anti-snoring composition consisting essentially of approximately 0.01 to 2.5 wt % of oat beta glucan, glycerin present in an amount of no more than approximately 40 wt% and the following ingredients:

Ingredient	Approximate Wt %
Potassium Sorbate	0.01 to 0.1
Lecithin	0.01 to 2.0
Ascorbic acid	0.01 to 0.5
Retinyl Palmitate	0.001 to 0.05
Tocopherol	0.01 to 0.50
Pyridoxine-HCl	0.001 to 0.05
Extract of Prickly Ash	0.01 to 1.0
Extract of Slippery Elm	0.01 to 1.0
Extract of Licorice Root	0.01 to 1.0
Linoleic acid	0.001 to 0.05
Sweet Almond Oil	0.01 to 2.0
Hybrid Sunflower	0.01 to 2.0
Peppermint Oil	0.1 to 2.0
Lemon Oil	0.1 to 2.0
Eucalyptus Oil	0.1 to 2.0
PolySorbate 80	0.1 to 5.0
Polysorbate 20	0.1 to 5.0
Phenylcarbinol	0.01 to 0.2
Disodium EDTA	0.01 to 0.1
Purified Water	Balance.

28. (New) An anti-snoring composition consisting of: approximately 0.01 to 2.5 wt% of oat beta glucan; glycerin present in an amount of no more than approximately 40 wt%; approximately 0.01 to 2 wt% of at least one nutritional ingredient; approximately 0.01 to 1 wt% of at least one antibacterial; approximately 0.01 to 1 wt% of at least one astringent; approximately 0.01 to 1 wt% of at least one anti-inflammatory; approximately 0.01 to 2 wt% of at least one essential oil; approximately 0.01 to 10 wt% of at least one surfactant; approximately 0.01 to 0.4 wt% of at least one preservative; and the balance water.

29. (New) The anti-snoring composition of claim 28 consisting of about 1 wt % of oat beta glucan and about 35 wt% of glycerin.

30. (New) The anti-snoring composition of claim 29 consisting of the following ingredients:

Ingredient	Approximate Wt. %
Potassium Sorbate	0.09
Ascorbic acid	0.1
Retinyl Palmitate	0.1
Tocopherol Acetate	0.1
Linoleic Acid	0.1
Pyridoxine HCl	0.1
Extract of Prickly Ash	0.1
Extract of Slippery Elm	0.1
Extract of Licorice Root	0.1
Sweet Almond Oil	0.1
Hybrid Sunflower	0.1
Lecithin	0.1
Peppermint Oil	0.15

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Lemon Oil	0.15
Eucalyptus Oil	0.15
PolySorbate 80	1.5
Polysorbate 20	1.5
Phenylcarbinol	0.1
Disodium EDTA	0.04.